



More Information on: www.tu-braunschweig.de/sportzentrum/bgf

E-Mail: bgf@tu-braunschweig.de

SEMINARS

usually offered in german only

Seminar: Eye Training Healthy Vision at workplace	28.11.2023 9 AM - 1 PM Location: LK 19c/301 A Coach: Kirsten Heinrich
InfoExpress: Stress management	12.12.2023 10 AM - 11 AM Location: Online Coach: Kim Celine Salomon
Nutrition seminar: Eating for a Healthy Digestive System	25.01.2024 9 AM - 12 PM Location: Online Coach: Stephanie Mißler
InfoExpress: Mindfulness and Meditation in everyday worklife	07.02.2024 2 PM - 3:30 PM Location: Online Coach: Julia Berger
Information event: Work healthy at TU Braunschweig	15.02.2024 10 AM - 11:30 AM Location: Online Coach: Cathrin Rieseler & Dr. Ina von Zelewski
InfoExpress: Affordable and good - Eat better while saving	07.03.2024 10 AM - 11:30 AM Location: Online Coach: Stephanie Mißler

OFFERS

AktivBox & RelaxBox	Borrow and try out the Aktiv or RelaxBox for one month to stay active with your colleagues during your break through various exercises or to unwind.
Team Spirit	The digital Team Events offer you and your colleagues the opportunity to work together on various topics and to develop as a team. (In cooperation with CHM)
Team games Boxes	Strengthen your team's sense of unity and promote social skills, creativity and problem-solving in a playful manner with our Team games Boxes .
Break Express	Spend your breaks with your colleagues doing guided exercises actively and sign up your team for the Break Express .
TK Health Checks	Let your stress index be determined through heart rate variability with the Cardio Stress Test. Together with the CHM and Techniker Health Insurance, we offer once again health checks for TU Braunschweig employees. More Information

COURSES

usually offered in german only

Monday

- Fascia Training** GyRR
12 PM - 1 PM | with Timo
- Qigong & Tai Chi** GyRR
1 PM - 2 PM with Jochen
(from 12.02.2024)
- Beginners!
Get moving** GyRR
5 PM - 6 PM | with Mara

Tuesday

- Yoga** GyRR
7:30 AM - 8:30 AM | with Christian
- Funct. Spinal Gymnastics** GyRR
12 PM - 1 PM | with N.N.
- Funct. Spinal Gymnastics** GyRR
1 PM - 2 PM | with N.N.

Wednesday

- Nordic Walking** **OUTDOOR**
7:30 AM - 8:30 AM | with Anja
- Prev. Strength Training** CampusGym
7:30 AM - 8:30 AM | with Timo
- Fitness**
- Spinal Gymnastics** GyRR
10:30 AM - 11:30 AM | with Guiseppa
- Yoga & Relax** GyRR
4:30 PM - 5:30 PM | with Yasmin

Thursday

- Yoga** GyRR
7:30 AM - 8:30 AM | with Christian
- Pilates** GyRR
1:30 PM - 2:30 PM | with Sarah
- Preventative**
- Strength Training** CampusGym
2:45 PM - 3:45 PM | with Timo
- Outdoor fitness** **OUTDOOR**
4 PM - 5 PM | with Mara
- Fit from 45 - Keeping Balance** GyRR
5 PM - 6 PM | with N.N.

Friday

- Fitness**
- Spinal Gymnastics** SpoBe/GyRR
12 PM - 1 PM | with Guiseppa